



Getting Dressed and Undressed

Turn getting dressed and undressed into a warm daily interaction.

Helps Your Child Grow



Sense of Identity and Belonging

Warm interaction during a repeated dressing routine helps your baby grow familiar with the sequence and take part in a daily family activity.

Steps

- Use the same general sequence each day when helping your baby get dressed or undressed. A familiar rhythm can make the routine feel predictable and secure.
- Before changing clothes, place them on the changing table and prepare the clean items. Give a short preview: "Time to get undressed."
- Follow your usual order, such as removing clothes from the upper body and then the lower body. Before taking off a sock, pat your baby's foot and say, "Foot up. Dad will take off your sock."
- They may kick or lift a foot to join in. Respond to the action: "You lifted your foot. Sock off!"
- Pause for a few seconds, then remove the sock. Hold it where they can see it and show how it came off the foot.
- Use the same playful cues while putting clothes on so the whole routine becomes familiar.

Tips

- Pair each movement with a short phrase, such as "Bend your arm" or "Kick your leg." This helps your baby notice how their body moves during dressing.

Observations

- ☐ Lifts or extends a foot while you remove a sock
- ☐ Looks back and forth between the sock and their bare foot